

Guide to Confession – Adult

Examination of Conscience

Have I loved God above all things?

Have I used profanity or misused the Lord's name?

Have I attended Holy Mass on Sundays and Holy Days?

Have I respected my parents, superiors and those around me?

Have I harmed with my words or actions?

Have I been impure in thought, word or action?

Have I cheated or stolen?

Have I spoken uncharitably about others or gossiped?

Have I weakened my vows with my obsession with another?

Have I been jealous of the things others have?

Have I been arrogant, impatient, critical, unforgiving, stubborn, bitter, resentful, greedy, lazy, misused food, alcohol or drugs, or engaged in inappropriate sexual activity?

Sacrament of Reconciliation

Bless me Father for I have sinned, my last confession was _____ ago. These are my sins. [Confess sins here]

Act of Contrition

O my God, I am sorry for having offended you, and I detest all my sins because of your just punishment, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to sin no more and to avoid the near occasion of sin. Amen